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U of C gets new firearm association

Group's president says they'll be debating guns on campus, but shooting them off campus at various gun ranges

PAGE 4

FROM TONIGHT SHOW INTERN TO HELLO ROSS

CELEBRITY SUPERFAN GETS HELP FROM COMEDIAN TO START SHOW ABOUT HOLLYWOOD'S IN-CROWD

PAGE 16



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FRIGHT AT D.C.'S NAVY YARD

A man and woman embrace after reuniting at a gathering point for family members of Navy Yard employees that was set up inside Nationals Park in the wake of the shooting Monday in Washington, D.C. Police believe at least one gunman shot and killed at least 12 people and wounded others in an incident that put parts of the city on lockdown. Story, page 8. WIN MCNAMEE/GETTY IMAGES

Men's Rights group to open local branch

Sexual-assault strife. Edmonton peers have gained attention across the country



JEREMY NOLAIS
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Anonymous men claiming that some women actively lie or over-blow claims of sexual assault are establishing a chapter in Calgary much like one to the north that has generated widespread criticism for its actions.

Men's Rights Calgary intends to launch a website in the coming days and already has up to 10 members signed on, with many more expected to join the cause, according to a representative.

"I think in any kind of sexual assault, the victim is the victim, whether you're a man or a woman," said Nick, who, much like his counterparts in Edmonton, refused to give his last name. "It's a terrible thing. I think, under

the current system, a woman would be believed in the case of accusation of such a thing a lot quicker than the man would be."

Men's Rights Edmonton (MR-E) generated national media attention when it launched a poster campaign called "Don't be that Girl" that was a direct contradiction to the "Don't be that Guy" campaign launched by agencies in Calgary and Edmonton.

Calgary's campaign, specifically, launched in 2011 and centred around posters of drunk women passed out and being helped home by men. One caption read, "Just because she isn't saying no, doesn't mean she's saying yes."

In contrast, posters plastered around the University of Alberta campus by MR-E featured the caption "Just because you regret a one-night stand doesn't mean it wasn't consensual."

Nick, who "works on cars" for a living, said he understood why his Edmonton peers launched the cam-

paign, adding he found the "Don't be that Guy" campaign to be an inaccurate representation of sexual assault.

Joe Campbell with Calgary Communities Against Sexual Abuse was instrumental in bringing the "Don't be that Guy" campaign to life locally. He said Monday his group chose to focus on women as the victims because they are in 97 per cent of reported sexual-assault incidents, according to data from Statistics Canada.

He also said data indicates false claims from women only occur between 2-6 per cent of the time.

"I will say that campaigns that do imply women lie about this is very silencing to those survivors, who actually do experience sexual assault and are afraid to come out about it," Campbell said.

WITH FILES FROM ANNALISE KLINGBEIL

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Legends Football League

Women's football league debut cancelled

Officials have cancelled the 2013 debut of a Calgary women's football franchise as dissent among athletes saw more than two dozen players, volunteers and coaches part ways with the club.

The Legends Football League Canada announced Monday that none of its four teams, including the newly formed Calgary Fillies, would return to the gridiron until 2014 due to a lack of proper preparation.

But Mitchell Mortaza, league founder and chair, said he believes coaching issues and coach-player miscommunication plagued the Calgary franchise, and he was also concerned about conflict of interest with members of the Calgary Rage football club of the Western Women's Canadian Football League.

"I think there was a lack of communication.... I also don't think there was any coincidence that they (the departing players) were part of the of the other tackle team," Mortaza said in his first interview since Metro reported last week on issues plaguing the Fillies. "Those organizations have notoriously been very envious and jealous of the LFL, and, to be frank, I'm kind of glad it went down the way it did."

Athletes leaving the team said they were frustrated with unclear directions from league management and worried about sub-standard equipment provided just weeks ahead of the Fillies' debut.

JEREMY NOLAI/METRO



This full-page newspaper ad includes a line that states it does not represent "a party or a slate," but Mayor Naheed Nenshi suspects otherwise. ROBSON FLETCHER/METRO

Mayor has questions about full-page ad

Advocacy group. Communities First Society says it plans further actions ahead of Oct. 21 election



ROBSON FLETCHER
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Candidates for city council who appeared in a full-page newspaper ad Monday say they did so independently and not as part of a "slate," but Mayor Naheed Nenshi suggested he believes otherwise.

"Let's just say it's fascinating that five of those six people in that ad that's 'not a slate' are

five of the people that are being supported by the homebuilders in what is 'not a slate,' Nenshi said.

The ad in the Calgary Herald, which reportedly cost \$2,000, features the photos and names of six candidates. It calls for the city-run McCall Lake Golf Course — currently slated to close in 2014 — to be saved.

Ward 4 candidate Sean Chu said he independently chose to be part of the ad and dismissed Nenshi's suggestion he's part of a slate.

"I respect the mayor but I think in this case it's not true," Chu said, adding his biggest concern is over a lack of "proper consultation" on McCall Lake.

Ward 2 candidate Joe Ma-

gliocca said the golf course is a "great little asset" to the city and many seniors in his ward rely on it for affordable recreation. He, too, said it was an "individual" decision to be in the ad.

Tom Sindlinger of a local group called Communities First Society said his organization and one other, the Save McCall Lake Group, got together to finance the ad.

"We fundraised and people made contributions — five bucks here, five bucks there," he said. "We both felt we had a common interest here."

Sindlinger said Communities First has been working for "a couple of years" on its goal "to preserve and protect open spaces."

Candidates

The candidates in the ad are: Sean Chu (Ward 4), Richard Wilkie (Ward 9), James Maxim (Ward 11), Ian Newman (Ward 8), Joe Magliocca (Ward 2), and Kevin Taylor (Ward 7).

- Mayor Naheed Nenshi has highlighted the funding directed to particular candidates from the local homebuilding industry, particularly in the wake of a now-infamous video of a meeting of home builders that was leaked in April.

1 NEWS

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Pumped up. City council mulls mandatory prepaid system for gas customers

A Calgary alderman is suggesting the city look at mandatory prepayment for gasoline after a personal encounter with police in which he was falsely believed to have engaged in a "gas and dash."

"Is there any way that we, as a municipality, can impose a bylaw that mandates or makes it a requirement for people to prepay, or can we advocate for that at a provincial level?"

Ald. Andre Chabot inquired at Monday's city council meeting.

Chabot said police have told him they waste a lot of time investigating reports of theft that often turn out to be false accusations or miscommunications.

As an example, he pointed to his own recent experience.

"I myself, actually, was chased down by the police at my home and asked if I had



Diane Reid says a prepaid gas system is just one more thing to worry about.
GLENN KELLY/FOR METRO

paid and dashed," he said. "I had to produce a receipt."

Calgary motorist Diane Reid wasn't thrilled with the idea of prepayment.

"I would hate having that," she said as she filled up her vehicle Monday. "One more step in my life, one more complication. I like to be able to get gas wherever I need it, wherever I am." **ROBSON FLETCHER/METRO**

Housing

Council tees up secondary-suite fee reduction for future

Calgary moved toward waiving the \$4,485 fee for secondary-suite rezoning applications Monday, but the change needs approval from a future council before taking effect.

At their last meeting before the Oct. 21 municipal election, the current council voted 8-7 on a proposal to eliminate the fee as a means

of opening up more affordable housing in the wake of the June flood.

"We have a problem throughout the city," Ald. Druh Farrell said.

Ald. Dale Hodges, however, questioned just how significant the current housing situation is.

"I've been hearing about the housing crisis since the mid-70s," he said. "It's not unique at the present time ..."

Mayor Naheed Nenshi, who voted in favour, said there's no question the city needs more housing – and soon. **ROBSON FLETCHER/METRO**



Henry Lung hopes to shoot targets, but also delve into tough debates over gun rights through the newly sanctioned University of Calgary Firearms Association.
GLENN KELLY/FOR METRO

Sandy Hook debate led to creation of gun club

A loaded topic. U of C Firearms Association will host social events, debates on campus



JEREMY NOLAÏS
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Debating guns will be just as important as shooting them, says the president of a new firearms-focused club at the

Quoted

"Obviously we have to work on (public relations) to make sure that we're not seen as a bunch of hicks with guns."

Henry Lung, president of the University of Calgary Firearms Association

University of Calgary.

Henry Lung said his idea for the on-campus firearms association, which was officially sanctioned last week, stemmed from debate over gun rights in the wake of a mass shooting at

Sandy Hook Elementary School in the U.S. last year that left 20 children and six adults dead.

Now, with reports of 13 people killed in a shooting at a Washington naval base Monday, Lung conceded it's likely

the topic of gun rights will take centre stage again.

"In the right hands, they (firearms) are tools of sport, tools of recreation and they're excellent historical pieces," he said. "There are people (in our group) that will go so far to say that firearms (possession) is a human right. I don't know if I'm in the same boat, but we represent a diverse range of views."

Lung said feedback locally has been positive and he's already signed up 25 members.

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Campaign-sign vandalism plaguing candidates

Civic election. Those in the running say damage could be targeted



JEREMY NOLA
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Hundreds of municipal election signs planted around Calgary are being defaced, knocked over or outright stolen, say frustrated candidates.

"My signs have been under serious assault," Ward 9 incumbent Gian-Carlo Carra said Monday. "Our signs are disappearing and people are ripping letters off our bold signs.... We don't know who (is responsible); it seems targeted."

A Carra campaign representative said at least 50 of the incumbent's signs have been stolen or vandalized to date, with the biggest problem areas in Acadia and Fairview.

But the incumbent is not alone, as Ward 9 challenger

Jordan Katz said someone also snatched more than 20 of his signs in a single night from the Riverbend area.

"The part that's most frustrating is ... that these signs are not inexpensive and people have contributed their hard-earned dollars to my campaign.... It kind of undermines our democratic process," Katz said.

Ward 11 has also seen vandalism, with signs belonging to challengers Wayne Frisch and James Maxim being knocked

over, according to Troy Wason, who manages the campaign for the latter.

Wason said his team deliberately went with heavy-duty advertisements — Maxim's signs weigh roughly 200 pounds — and opted against putting pictures of the candidate on them.

"I've been campaigning way too long to know that once they (vandals) see somebody's picture, they want to either put a Hitler moustache, colour in the teeth or put horns on it or little goatees," Wason said.



This sign belonging to the Ward 9 Gian-Carlo Carra campaign, located at the corner of Acadia Drive and Southland Drive, has been repeatedly altered, leading the incumbent to suggest he's being targeted. GLENN KELLY/FOR METRO

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Police on the hunt for thieves after string of smash-and-grabs

Thieves ran amok Monday morning in a series of smash-and-grabs across the city.

According to police, at approximately 4:30 a.m., thieves pulled up to the front of Holt Renfrew in the 500 block of 8 Avenue SW in a blue Ford Mustang and proceeded to smash the window, taking one Louis Vuitton bag and fleeing the scene in the vehicle.

Shortly afterward three

Serial robberies

6

The incidents mark six smash-and-grabs this month, which began with the robbery of a Reddi-Mart in the city's northeast on Sept. 11.

separate thefts occurred at a Wind Mobile in the 200 block of 10 Street NW at 4:45 a.m.,

Rocky Mountain Pawn Shop at 41 Avenue and Macleod Trail South at approximately 5 a.m. and a Telus store in Kensington at 5:30 a.m.

Acting Duty Insp. Leah Barber says investigators are still trying to determine exactly what was stolen Monday morning and hope to identify suspects through the review of CCTV footage.

GLENN KELLY/FOR METRO

Unions opposed

Province eyes pension changes

Alberta is proposing a raft of changes, including an end to early-retirement incentives, to overcome a \$7.4-billion unfunded liability in public-sector pensions. Unions, however, say the proposed changes are too much, too soon with too many unanswered questions and will put the nest eggs of pensioners at risk.

THE CANADIAN PRESS

Floods. Motion to dissect management OT defeated

During a tense debate late Monday night, city council soundly rejected a motion targeting management overtime claimed during the flood.

Ald. Diane Colley-Urquhart's call for a detailed report on management OT claims was defeated 13-2.

After a pointed exchange between Colley-Urquhart and city manager Owen Tobert, various aldermen said they felt the discussion "belittled" or "in-

sulted" city staff members who performed admirably under extraordinary circumstances.

Ald. Gord Lowe said he felt "considerable shame" and Ald. Jim Stevenson said he "took great offence" to the "tone of the questions."

Colley-Urquhart said the discussion was worth having. "Despite the discomfort some of you might have felt, I believe in us being ... transparent," she said. ROBSON FLETCHER/METRO

Pig. Pit bull shot in the face recovering, but could be put down

The owners of a Calgary dog shot in the face after lunging at a cop will appear in court Tuesday to plead for his life.

Pig, a one-year-old pit bull, and two other dogs were in the back seat of a car pulled over for speeding by police in July.

Officers charged Pig's owner, Tara Sprayson, with possession of marijuana and then inquired whether the dogs were friendly enough to allow them to search the rest of the vehicle.

Sprayson insists she warned the officers about Pig, but police dispute that claim. When an officer did open the back door, the young pit bull lunged at the officer and was shot in the face at point-blank range.

Since the incident, Pig has remained in the custody of city animal services, but Sprayson has been allowed to visit. She said while her dog's wounds have healed a great deal — he's even regained sight in his badly damaged right eye — his spirit has been broken.



Pig, a one-year-old pit bull FACEBOOK

"He needs to be back home where he has a chance to go to obedience school," she said. "It's been very hard. I just want my dog home."

Pig is now due for a dangerous-dog hearing where his fate will be decided, and Sprayson has learned she could also lose possession of her other dogs.

Hundreds have signed an online petition urging that the pit bull be spared.

A representative for bylaw services declined to answer questions about Pig Friday and said all information about the dog had been turned over to the courts. JEREMY NOLAIS/METRO

Aldermen reflect on long careers at final meeting

Fond farewell.

'Calgary will be much poorer for not having those two gentlemen sitting around the table': Mayor Nenshi



ROBSON FLETCHER

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Two veteran aldermen retiring from municipal politics sat through their last city council meeting Monday and bid farewell to the regular gatherings with a mixture of emotions.

"It was interesting. It was challenging," Ald. Dale Hodges said of his 10th and final term on council, one that saw a fresh crop of rookie aldermen join the ranks, as well as a first-time mayor.

Hodges, who was first elected in 1983, said his favourite terms were his first and second, on councils presided

By the numbers

42

The combined years of experience on council between Ald. Dale Hodges (30 years) and Ald. Gord Lowe (12 years).

over by Mayor Ralph Klein.

He said the current council at times seems out of touch and "hung up" on issues that don't resonate with the public.

"You ask yourself: Do some of the members ever talk to anybody but themselves?" Hodges said. "They should be out discussing issues with the public."

Ald. Gord Lowe, first elected in 2001, is also calling it quits.

"It's been good fun," he said. "I've enjoyed every moment of it. There's pieces I will miss, of course."

Lowe said he has enjoyed the "individual views" each council member brings to the table and the fact that muni-



Ald. Gord Lowe, left, and Ald. Dale Hodges speak to reporters outside city council chambers Monday. ROBSON FLETCHER/METRO

Out of touch? Hung up?

"You ask yourself: Do some of the members ever talk to anybody but themselves?"

Ald. Dale Hodges, on the current climate at city hall

cipal politics doesn't run on a party system.

He had one piece of advice for incoming councillors: Do your homework.

"It's not an easy job," Lowe said. "The work is unrelenting and you cannot let up for a second if you want to keep up."



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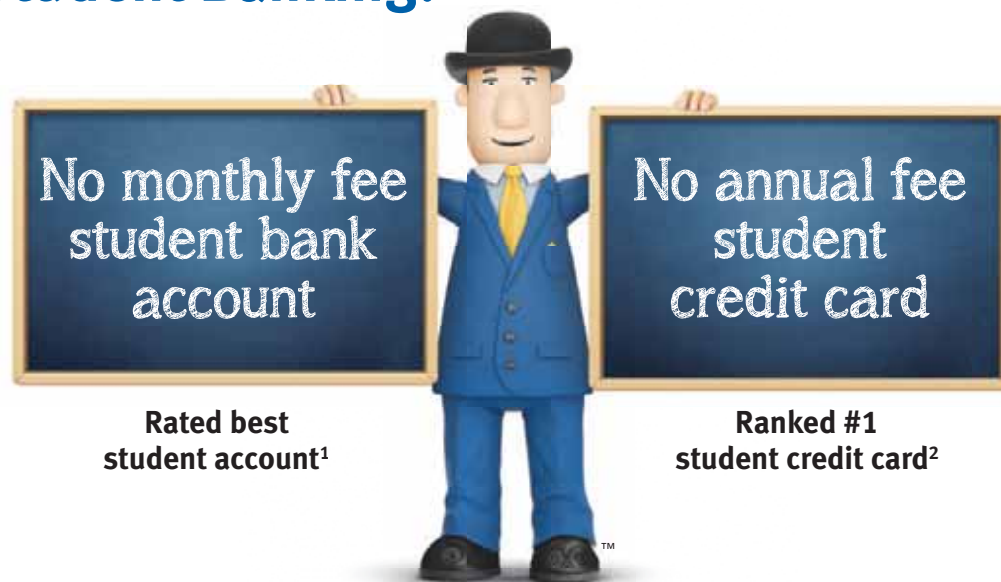
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13 dead in shooting rampage at Washington naval complex

Gunman shot dead.
Ex-military man involved in what Obama calls a 'cowardly act'

The U.S. capital became the latest American city to grapple with chaos and bloodshed Monday when a former military man opened fire at the city's heavily guarded Navy Yard, killing 12 people.

After the gunman was also killed in a shootout with police, authorities warned there could be two other potential perpetrators still at large. But at a late-night news conference, Cathy Lanier, D.C.'s police chief, said Aaron Alexis, a 34-year-old one-time navy reservist, acted alone.

The FBI appealed to the public to come forward with

information about Alexis, who was working as a military contractor after being discharged from the navy two years ago. He was born in New York City but most recently resided in Fort Worth, Texas.

The city's mayor, Vincent Gray, said earlier Monday that officials had no reason to believe the shooting was an act of terrorism.

"We'll continue to seek information about what the motive is," he said. "We don't have any reason at this stage to suspect terrorism, but certainly it has not been ruled out."

Officials are now investigating whether Alexis's discharge from the navy played a role in the events. The Navy Yard is the largest of the U.S. navy's five system commands.

THE CANADIAN PRESS



People are escorted out of the building where a deadly shooting rampage occurred at the Washington Navy Yard in Washington, D.C., on Monday. Inset: a photo of now-dead Aaron Alexis, who police believe was the perpetrator. JACQUELYN MARTIN/THE ASSOCIATED PRESS; INSET: FBI/THE ASSOCIATED PRESS

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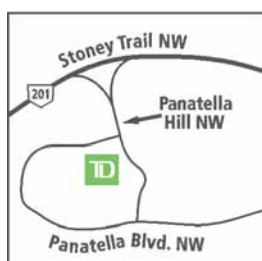
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UN: 'Convincing evidence' of chemical attack in Syria

Inspection. Still not clear who's to blame as war crimes panel says they're investigating 14 suspected attacks

Careful not to blame either side for a deadly chemical weapon attack, UN inspectors reported Monday that rockets loaded with the nerve agent sarin had been fired from an area where Syria's military has bases, but said the evidence could have been manipulated in the rebel-controlled stricken neighbourhoods.

The U.S., Britain and France jumped on evidence in the report — especially the type of rockets, the composition of the sarin agent and trajectory of the missiles — to declare that President Bashar Assad's government was responsible.

Russia, Syria's closest ally, called the investigators' find-



UN Secretary General Ban Ki-moon
THE ASSOCIATED PRESS

ings "deeply disturbing," but said it was too early to draw conclusions. The Syrian government's claims that opposition forces were responsible for the attack "cannot be simply shrugged off," Russian Ambassador Vitaly Churkin insisted.

The conclusions represented the first official confirmation by impartial scientific experts that chemical weapons were used in Syria's civil war,

Turkey

Syrian copter shot down

A Turkish fighter jet shot down a Syrian military helicopter on Monday after it entered Turkish airspace and ignored repeated warnings, an official said. The helicopter strayed two kilometres into Turkish airspace, but crashed in Syria.

but the inspectors' limited mandate barred them from identifying who was responsible for the Aug. 21 attack.

"This is a war crime," UN Secretary-General Ban Ki-moon told the Security Council. "The results are overwhelming and indisputable. The facts speak for themselves."

Ban called it "the worst use of weapons of mass destruction in the 21st century."

The deep division between Western backers of rebels seeking to overthrow Assad and Russian and Chinese supporters of the regime has paralyzed the UN Security Council since the Syrian conflict began two and a half years ago.

Even though the United States and Russia agreed Saturday on the framework to put Syria's chemical weapons stockpile and precursors under international control for future destruction, their top diplomats were at odds Monday over a new Security Council resolution that would make the deal legally binding — and whether there should be a reference to possible military enforcement if Syria doesn't comply.

In Geneva, the chairman of a UN war crimes panel said it is investigating 14 suspected chemical attacks in Syria, dramatically escalating the stakes. Paulo Sergio Pinheiro said the panel had not pinpointed the chemical used or who is responsible. **THE ASSOCIATED PRESS**

Mexico. At least 34 dead after two different storms cause flooding, landslides

The remnants of Hurricane Ingrid and Tropical Storm Manuel drenched Mexico's Gulf and Pacific coasts with more torrential rains Monday, flooding towns and cities, cutting highways and setting off landslides in a national emergency that federal authorities said had caused at least 34 deaths.

The Mexican government said the country had not seen a similar weather crisis since 1958, when the country was simultaneously hit by two tropical storms on separate coasts.

The governor of the Gulf Coast state of Veracruz announced that 12 people died when a landslide smashed into a bus travelling through the town of Altotonga, about 40 miles northwest of the state capital. Gov. Javier Duarte said the death toll could grow as bodies were recovered.

More than 23,000 people fled their homes in the state due to heavy rains spawned by Ingrid, and 9,000 went to emergency shelters.

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Floodwaters rage after the Huacapa River overflowed due to heavy rains caused by Tropical Storm Manuel in Mexico. ALEJANDRINO GONZALEZ/THE ASSOCIATED PRESS



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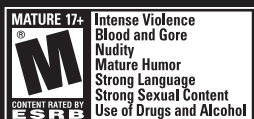




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Poor Indian girl, 13, enrolls in M.Sc. in microbiology

Eat, sleep, study.

Daughter of labourer eyes graduate degree; father sells family's land to help pay tuition

In a country where many girls are still discouraged from going to school, Sushma Verma is having anything but a typical childhood.

The 13-year-old girl from a poor family in north India has enrolled in a master's degree in microbiology, after her father sold his land to pay for some of his daughter's tuition in the hope of catapulting her into India's growing middle class.

Verma finished high



Master of science student Sushma Verma, 13, of Lucknow, India.

RAJESH KUMAR SINGH/THE ASSOCIATED PRESS

school at the age of seven and earned an undergraduate degree at 13 — milestones she said were possible only with the sacrifices and encouragement of her uneducated and impoverished parents.

"They allowed me to do

what I wanted to do," Verma said in an interview Sunday, speaking her language of Hindi. Verma lives a very modest life with her three younger siblings and her parents — eating, sleeping and studying alongside them in a cramped single-room apartment in Lucknow, in Uttar Pradesh.

Sushma Verma's first choice was to become a doctor, but she cannot take the test to qualify for medical school until she is 18. "So I opted for the M.Sc. and then I will do a doctorate."

Verma is not the first high-achiever in her family. Her older brother became a computer science graduate at 14. Her father sold his only land to cover some of Verma's tuition. **THE ASSOCIATED PRESS**



Diversity and Miss America

Newly crowned Miss America Nina Davuluri speaks on Monday. She was asked about some social media users who are upset that someone of Indian heritage won. "I have to rise above that," she said. Nina is the first Miss America of Indian descent. **GETTY IMAGES**

Turkey info

Men will now help man the Butterball line

This year if you call Butterball's Turkey Talk Line for some cooking advice, you might get a male voice on the line.

For the first time, Butterball is enlisting the help of men as well as women for its Turkey Talk Line during the holidays. And the turkey seller is seeking the first male talk-line spokesman this year, as well.

The talk line, which is 32 years old this year, has long offered advice to anyone overwhelmed by making the perfect turkey on the holidays.

It has been improving its services, last year launching a smartphone app, Facebook live chats, Pinterest posts and other social media tools. But the line, which has grown from six operators to 60 since it launched in 1981, has never hired men before now.

THE ASSOCIATED PRESS

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Interested individuals who possess the skills described above are requested to submit their resumé and cover letter via email to hr@metronews.ca no later than Sept. 20th, 2013. PLEASE QUOTE: "Distribution Assistant (Part Time) - Calgary in the subject line. All submissions will be treated as confidential.



Local community radio announcers Keyla Mesulemeth, left, and Mauricio Flores Loza use their cellphones running on the TaleoGSM network in San Miguel Talea de Castro, Mexico. AGUSTINE SACHA/THE ASSOCIATED PRESS

It takes a village — to be telecom pioneers

Mexico. Talea de Castro may be first community to own, administer, operate what is essentially a mini telecom company

The communications revolution that swept the globe missed the Zapotec village of Talea de Castro high in the mountains of southern Mexico, where making any sort of call

meant trudging to a community telephone line and paying what could be a day's wages for a crackly five-minute conversation.

All that has changed, thanks to an ingenious plan that backers hope can bring connections to thousands of other small, isolated villages around the world.

Using simple radio receivers, a laptop and relatively inexpensive Internet technologies, the people of the village have leapfrogged into the 21st century by setting up what amounts to their own mini tele-

In with the new

The system uses a small antenna to capture calls with a software-controlled base radio, essentially a generic radio set that can operate more cheaply and simply and use less power.

com company — one capable of handling 11 cellphone calls at a time at a small fraction of what they used to pay.

THE ASSOCIATED PRESS

All creatures great and disgusting

The Ugly Animal Preservation Society (UAPS) aims to support endangered creatures that are unpleasant to look at, through a national tour that combines comedy and education. In an online competition, the blobfish (*Psychrolutes marcidus*), found off the southeast coasts of Australia, was voted as the society's official mascot. UAPS chief and biologist Simon Watt told us more.

The blobfish apparently looks a lot better in its natural habitat on the bottom of the ocean. Are you contrib-



The blobfish (*Psychrolutes marcidus*)
NORFANZ FOUNDING PARTIES

uting to its bad image?

Fair enough — we don't have a leg to stand on with that, except that we are being satirical, and the main point is that the blobfish is still neglected and we want to champion it.

Blobfish look so miserable — can you cheer them up?

It's being driven to extinction so it deserves to look sad. Just let them be hideous in peace.

Should you also consider undermining "pretty" animals? Dolphins are so overrated.

No, dolphins might well be aggressive and less intelligent than we believed but they are still fascinating and we should do everything we can to preserve them.

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Wireless

Bell cuts price of U.S. roaming

Bell Canada says its mobile customers travelling in the U.S. will be able to pay lower fees for their roaming packages. The company said

it's making the change in response to consumer feedback over the summer, and that the 30-day U.S. travel bundle, which formerly cost \$50, will be reduced to \$25 for a specified amount of call minutes, texting, web usage and other data.

THE CANADIAN PRESS

Market Minute

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Dow Jones: 15,494.78 (+118.72)

GOLD
\$1,317.80 US (+\$9.20)



Copyrighting a polar bear

In this 2007 photo, Knut, the polar bear cub, has his first public appearance in the Berlin Zoo. On Monday, a European court upheld the zoo's copyright claim against a British firm that sought to market products under the name "Knut — Der Eisbaer," which is German for "Knut — The Polar Bear." The court ruled that British company Knut IP Management Ltd.'s product-line name too closely resembled the Berlin Zoo's earlier trademarked brand Knud, and could confuse consumers looking to purchase merchandise related to the zoo's most famous animal. Knut was hand-raised after his mother rejected him. He rose to stardom in 2007 as a cuddly cub, appearing on magazine covers, in a film and on mountains of merchandise. He died in 2011 after suffering from encephalitis. THE ASSOCIATED PRESS FILE

Aerospace. Bombardier's CSeries jet takes test flight

Bombardier's CSeries aircraft completed its maiden flight Monday, in a successful test run of a new narrow-body airplane design that promises to support Canada's aerospace sector and its thousands of jobs.

Thousands of employees, suppliers and invited guests cheered as the gleaming CS100 plane quietly lifted off the runway at Mirabel airport north of Montreal. It landed about 2 1/2 hours later after conducting a fly past.

The pilot exited the test airplane waving and lauding the aircraft's performance, save for one unspecified "minor problem."

"It went very well," Chuck Ellis said.

Earlier, senior company executives gave each other big hugs after the aircraft successfully took off, nearly a decade after it was first introduced and following several delays over nearly nine months.

Company chairman Laurent Beaudoin and his son Pierre, the president and chief executive, said they were very pleased with the inaugural flight. "For me it's a great day, a new step



Bombardier CEO Pierre Beaudoin, right, with commercial aircraft chief Mike Arcamone after the CS100 test flight on Monday. THE CANADIAN PRESS

Canadian-designed

- Bombardier aerospace president Guy Hachey said the CSeries is the world's first new narrow-body design in 26 years. It's also the first major Canadian-designed aircraft since the Avro Arrow.

in Bombardier today," the elder Beaudoin said in an interview in between hugs of congratulations and photos with employees. THE CANADIAN PRESS

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FALL FASHION ON A SHOESTRING

I'm not a fashion writer; I don't know how to theorize about textures or what makes one designer more important than another. But I do take a recreational interest in the clothes I put on my body.

Since I recently bought a new home I now have a mortgage, which in turn means I no longer have a clothing budget. Rather than investing in new designer wares for the season, I've been watching various international fashion weeks unfold through the eyes of stylish Instagram users and taking notes on how to wear my existing clothes in new ways.

And so, inspired by the world of impossibly high-heeled fashion bloggers, here are a few easy wardrobe tweaks to help you look as if you're strutting between runway shows rather than dashing from the office to your local Tim Hortons.

Sleeves are so passé. It's getting cold out there, but if you're still putting your jacket on properly then you're doing it wrong.



SHE SAYS
Jessica Napier
metronews.ca

Rather than slipping into your sleeves, adopt the style de rigueur and casually drape your outerwear over your shoulders instead. A slung-jacket will guard you from the cold (kind of) but is incredibly difficult to maintain unless you keep your elbows glued to your rib cage. To prevent your coat-as-cape from slumping to the ground, remember that this sophisticated look is best worn while standing perfectly still and away from any crowds or strong gusts of wind. Caution: this style is not compatible with purses, cell phone use, public transit or any sort of arm movement.

Hot to crop. Crop tops made a valiant return this summer and the trend is sticking around for fall with a few additional layers to offset the chill brought on by a bare midriff. But there's no need to spend \$50 on a half a shirt when you can take a DIY approach instead. If you've got a pair of scissors, then you've got yourself a closet full of crop tops.

All white everything. Head-to-toe white is officially a thing now which means you don't have to stow away half your wardrobe once Labour Day has come and gone. Technically, winter white should be more of a creamy shade, but budget conscious individuals can simply repurpose their existing white jeans by trading boat shoes for boots. Keep in mind, there is a definite expiry date on any monochromatic white ensemble. Pale bottoms should be retired for the season once the snow begins to fall unless you fancy a grey slush splatter print creeping up the back of your legs.

Cap it all off. Every good Canadian owns at least one toque and finally the rest of the world is catching up with us. Now that these effortlessly cool knits have made the leap from skating rinks to street style, it's time to dig through that collection of slouchy caps hiding at the back of your closet. Not only are colourful toques a playful way to update your outfit, you'll also get bonus points for actually being practical in colder temperatures. Fashion and function together at last.

Follow Jessica Napier on
Twitter @MetroSheSays



ZOOM

Shipwreck wrested from reef



MARCO SECCHI/GETTY IMAGES

Parbuckling begins on Costa Concordia

The parbuckling project to raise the stricken Costa Concordia continued Monday in Isola del Giglio, Italy. Efforts are underway to right the vessel, which sank on Jan. 12, 2012.

If the operation is successful, it will then be towed away and scrapped.

GETTY IMAGES

Captain on trial

- The Concordia's captain is on trial on the mainland for alleged manslaughter, causing a shipwreck and abandoning the ship during the chaotic and delayed evacuation. Capt. Francesco Schettino claims the reef wasn't on the nautical charts for the liner's cruise.

Submerged side damaged by sea

Images transmitted by robotic diving vehicles indicated that the submerged side of the cruise ship's hull had suffered "great deformation" from all its time on the granite seabed, battered by waves and compressed under the weight of the ship's 115,000 tons, engineer Sergio Giroto said.

THE ASSOCIATED PRESS

Largest vessel to undergo manoeuvre

The operation, known in nautical parlance as parbuckling, was used on the USS Oklahoma in 1943 after the Japanese attack on Pearl Harbor. But this 300-metre vessel is the largest cruise ship ever to capsize and subsequently require the complex rotation. THE ASSOCIATED PRESS

Clickbait



HANNAH ZITNER
hannah.zitner@metronews.ca

Finally, hashtag haters, you've been heard. From journalists to marketers, hashtag abusers wreaking havoc on social media are being hushed and over-hashtagging is slowly coming to a halt. But Rome wasn't built in a day, and ridding the information superhighway of gratuitous tags takes time. Here's hoping we can hurry the process just a little. Presenting, the hashtag hall of shame.

#Yum #Mmmm:

I'm sorry to tell you, but pretty much no one cares what you're eating. Even if you use a filter and it looks like a Rachel Ray creation.

#SorryNotSorry:

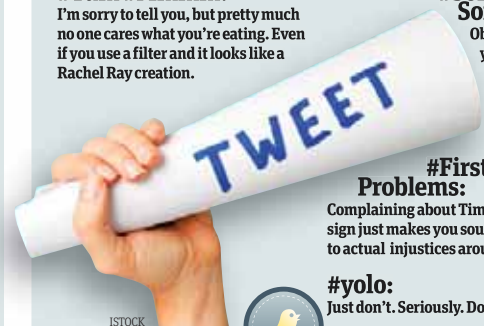
Obviously you're not sorry, so why bother with the apologetic tease?

#FirstWorldProblems:

Complaining about Timmies' cup design just makes you sound ignorant to actual injustices around the world.

#yolo:

Just don't. Seriously. Don't.



ISTOCK



Twitter

@metropicks asked: Giant jellyfish swarm Japan's coast as numbers rise. If there were a film, what would be the title?

@8zenuf4me: They must be jelly, because clams don't shake like that.

@LegendaryAres: Got Jelly?

@mubnii: "I don't think you're ready for this Jelly"

@Ducks_own: The Art of Man-of-War.

@DonaldTietz: don't worry the radiation will kill them or make them grow to the size of a house.

@Canucklehead_ca: Jellraiser IV: The Jellyfish Take Japan.

@Stephycool16: Japan's Giant Jellyfish problem

@DariaTuhtar: Jellyfishnado.

@8zenuf4me: Global swarming of jellyfish: Do they come in lime flavor?

Follow @metropicks and take part in our daily poll.

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DVD reviews

Iron Man 3

Director. Shane Black

Stars. Robert Downey Jr., Gwyneth Paltrow, Don Cheadle

Robert Downey Jr.'s brainiac billionaire Tony Stark calls himself a "piping hot mess," which also describes this third Iron Man saga: a smoking heap of chuckles and knuckles, set to the ring of jingle bells and the clang of iron suits and war machines. Stark suffers anxious flashbacks of last year's *The Avengers* tussle while at the same time cockily daring this year's super villain, a terrorist called the Mandarin (Ben Kingsley), to bring it on, *GSB* style. The taunt brings fire to Stark's Malibu pad, but *Iron Man 3* actually begins on New Year's Eve 1999, as Stark meets two players who will later demonstrate what "karma" means: sexy botanist Maya Hansen (Rebecca Hall) and frantic nerd Aldrich Killian (Guy Pearce). Jump to 2013 and Stark is dealing with as many challenges and threats as writer/director Shane Black (and co-writer Drew Pearce) can stuff into their Plot-a-Matic machine, which includes a fly-apart Iron Man outfit that acts as visual shorthand for Tony's fractured psyche. He's as arrogant as ever, but reluctant to suit up. We need to remind ourselves that this is a comic book movie, where logic stops for popcorn. On this basis, *Iron Man 3* offers a few twisted pleasures. Extras include deleted and extended scenes, a commentary by Black and Pearce, a gag reel and several making-of featurettes.

PETER HOWELL



Ross Mathews got a boost from Chelsea Handler, who is executive producing his new talk show, *Hello Ross*. THE ASSOCIATED PRESS

Living a superfan's dream

Hello Ross. When it comes to celebrity obsession, Ross Mathews is king — and he's got his own show to prove it

With his high-pitch voice, infectious giggle and encyclopedic knowledge of pop culture and entertainment, TV personality Ross Mathews has broken into the in-crowd of Hollywood.

After starting out as Ross the Intern on *The Tonight Show*, he now counts Gwyneth Paltrow and comedian Chelsea Handler as friends.

Handler is also his boss.

She frequently uses him on her round table of commentators on E!'s *Chelsea Lately*. Now she's executive producing Mathews' own talk show called *Hello Ross*, airing Fridays on E!

"This really is the show that I always wish existed as a superfan myself," the 33-year-old said in a recent interview.

Hello Ross is different from *Chelsea Lately*. Handler's show specializes in snark, taking swipes at the latest celebrity gossip. Her interviews tend to knock stars down a few pegs, but Mathews is looking to build them back up on *Hello Ross*. It's an interactive experience where he both conducts interviews and also helps connect fans with their favourite entertainers.

Celebrities can be tough interviews because they're so rehearsed. And here you come and you're so happy and excited. Has that helped or hurt you?

Being a superfan in a town where a lot of times these interviews are mapped out with talking points, I think it's worked in my favour in terms of you catch people off guard with the energy and the knowledge that I have. It's led to some spontaneous moments.

You love celebrities but you've become one in your own right. What's that like?

I get to go into the parties and I pretend like I'm not freaking out and then I get into my car and I scream and I call my

mom and say, "O-M-G, guess who was at the party and guess what they ate and how many chicken fingers they had?" Because I was counting.

You grew up in a small town, Mount Vernon, Wash., loving showbiz from afar. Did people then think you were destined for fame?

Growing up, you know, wanting to do this and being what I am, which is like this cartoon version of like a gay person with a big voice and a high pitch, there were a lot of people who told me, "It's probably not gonna happen for you. Broadcasting? It's probably not the way you should go." I'm lucky.

THE ASSOCIATED PRESS

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Kelly Rowland and Simon Cowell on The X-Factor. THE ASSOCIATED PRESS

Newbies, can you handle this?

Kelly Rowland. The X-Factor judge dishes on finding talent

MAJA LUNDAGER PEDERSEN

Metro World
News in New York

Kelly Rowland has been through the highs and lows of the music industry, with its refusals and disappointments.

Being signed, being dropped, being signed, then being placed on a shelf, as she puts it.

Today she sits as one of four judges in the third season of the U.S. version of The X-Factor, and she's happy to share what she's learned with contestants this season.

"Coming up in the music industry I ran into people who had some harsh things to say, but I grew more from people who actually were constructive and gave details about how I can grow," she

says.

"I paid attention to those people and wanted to apply that to the way I'm a judge, because it's about seeing people grow and be better and become something wonderful."

But what does wonderful mean to her?

"I think, above anything, people love to see passion, and

"I think that when it comes to performing, people just want to be entertained."

"If you're not up there having fun, then how can anybody else who is watching you have fun?"

Rowland says she's looking for fun, and while some might fear that could cloud her judgment, Rowland's not worried.

"I've turned someone down because they had a wonderful look and they sounded awful."

"I don't want them to come into this competition thinking they can get on by their looks."

"It's more than that. It's

She's been there

Rowland actually participated in a talent show herself as a teen. With her group Girls Time — including, among others, Beyoncé — she was on Star Search, but lost.

She remembers the experience clearly.

"Once that red curtain closed we were like little sad puppy dogs, just bawling our little eyes out," she says.

"We were so sad, but I truly believe that when it's your time, it's your time."

your talent, your passion, your hunger and your dedication.

"I am very honest with them and I'm very honest with myself [when it comes to talent]. I don't cut any corners."

A large advertisement for the Canadian Breast Cancer Foundation's "Run for the Cure" campaign. The background is a light blue sky with soft clouds. A pink ribbon, a symbol for breast cancer, flows across the top and bottom of the image. In the center, a man (Scott McGillivray) is shown from the waist up, wearing a grey t-shirt and black shorts, with his arms raised in a celebratory gesture. The text "I'm running for all the future moments" is written in a large, elegant, pink script font. Below it, in a smaller, grey sans-serif font, is "I'll share with my girls." At the bottom, a dark red banner contains white text: "On Sunday, October 6, we're all running for the future. A future without breast cancer. Sign up today at runfortheure.com". Below this banner are logos for the Canadian Breast Cancer Foundation, CIBC, and the "Run for the Cure" campaign. Social media links for Facebook and Twitter are also provided.

*Trademark of the Canadian Breast Cancer Foundation, used under license. †Canadian Breast Cancer Foundation, Run for the Cure and pink ribbon ellipse are trademarks of the Canadian Breast Cancer Foundation. "CIBC Pink Collection" and "CIBC For what matters." are trademarks of CIBC.



Jessica Timberlake

I'm bringing tradition back: Jessica takes on the Timberlake name

Get used to saying "Jessica Timberlake," as Jessica Biel has officially changed her name nearly one year after marrying Justin Timberlake. "It's official. The paperwork is done and she's now legally Jessica Timberlake,"

a source confirms to Life & Style. The actress will still use her maiden name for professional purposes, though, so don't expect to see Jessica Timberlake on any movie posters anytime soon.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Spears heads to the strip for a six-figure-a-day salary



THE WORD
Dorothy Robinson
scene@metronews.ca

Britney Spears has signed a two-year contract with Planet Hollywood Las Vegas to be the headliner of a "cool, hip club-like show," per producers. Her pay out is a cool \$310,000 per show with the starlet performing 48 shows a year.

The final pay out will be around \$15 million a year, per TMZ.com. In May, Spears



talked to Shape about how she is training for the gig. "I'm doing 90 minutes of yoga twice a week in addition to a lot of cardio — hour-long sessions three times a week with my trainer, Tony Martinez," she said. "The (Vegas) performances won't be simple — they'll be a massive party from start to finish. And to pull this off, I have to be in top condition and running at full speed."

Jen says Ben is handling hecklers like a superhero

Complain all you want about Ben Affleck being cast as the next Batman, he can take it. In fact, to hear his wife, Jennifer Garner, tell it, the couple likes to laugh at some of the more outrageous on-line reactions to the news — or at least she does. "I'll send him stuff and I'll say, 'Come on, this is a good one,'" Garner tells Metro World News. As for sparing Affleck's feelings, Garner says not to worry about it. "Look, he's a grown-up, he's been around a long time. He's a pretty tough guy. You don't take one of these jobs expecting anything else," she says.



Jennifer Garner and Ben Affleck

Twitter



@AlbertBrooks

How can we attack Syria without giving Dennis Rodman a chance?



@pattonoswalt

Did Elton John ever rate any of the other nights in terms of fighting? Thursday? Alright? So-so?



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What would Uncle Phil say? Jaden takes serious jab at school system



Jaden Smith

Jaden Smith has some novel ideas about education reform. The 15-year-old son of Will and Jada Pinkett Smith took to Twitter for a series of pontifications about youth and society. "School is the tool to brainwash the youth," he wrote. "If newborn babies could speak they'd be the most intelligent beings on the planet. If everybody in the world dropped out of school we would have a much more intelligent society."

Jaden, for his part, reportedly has been home-schooled since earlier this year when the New Village Leadership Academy — founded in 2008 by his parents with an allegedly Scientology-influenced curriculum — was shut down.

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Dolce & Gabbana with gradient polar lenses is a good starting point when switching to these kinds of sunglasses. CONTRIBUTED

It's time to upgrade to polarized sunglasses

End of summer. Just because the weather is getting cooler doesn't mean you don't still have to be concerned about your eye care

JULIE KAYZERMAN
Metro World News

With light constantly reflecting off of surfaces like water or cars, regular sunglasses just aren't enough to protect our eyes from harmful bouncing UV rays.

The good news is polarized lenses can block light from getting into your eyes and keep you looking younger.

"The huge benefit is that it does reduce that glare," says Kristen McCabe, vice-president of product at Sunglass Hut.

"If you don't have polarized lenses, even if (your shades are) tinted, the light will still pass through. So when the light is getting into your retina, you squint, which can create premature wrinkles. Polarized lenses not only help you see better, but over time they help you look better, too."

What is polarization?
"Polarization, commonly



Ray-Ban Aviators are the most common polarized lens. CONTRIBUTED



Prada with oversized gradient polar lenses. CONTRIBUTED

known as glare, occurs when light reflects off a surface, like the ocean, a bright blue sky or the open road."

How do they work?
"Polarized glasses have special lenses that deflect sun, allowing for a reduction in glare and increased visibility."

McCabe's Picks

For your first pair of polarized frames, Kristen McCabe, vice-president of product at Sunglass Hut recommends a classic like the Ray-Ban aviators.

- **Quote.** "It's such a great versatile shape that's appropriate for every occasion, so that's a real investment piece that you can wear for years."
- **Dolce & Gabbana with gradient polar lenses.** "Gradient lenses are just a little bit softer, more feminine looking."
- **Prada with oversized gradient polar lenses.** "It's an oversize, kind of edgy oval look (offering) that iconic Prada logo."

What is polarization?

"Polarization, commonly known as glare, occurs when light reflects off a surface, like the ocean, a bright blue sky or the open road."

Kristen McCabe
Vice-president of product at Sunglass Hut.

Elisha Dacey

Half Off check-in: A bump in the road

Two weeks ago we introduced Metro Winnipeg editor Elisha Dacey, who has teamed up with fitness professional Jordan Cieciwa and registered nutritionist Theresa Albert.

Dacey wants to lose half of her body weight and has been writing about it in her online blog, Half Off.

There have been a few recent bumps ("all part of life," says Dacey) including gallbladder surgery, her daughter starting school and an upcoming move into a new house.

"But I'm determined not to go off course," she says. "I'm trying really hard."

While her home exercise program is on hold, there are still ways to be active.

"In fact, the surgery was a good life event to learn how to prepare knowing that she's not going to be able to lift weights," says Cieciwa.

With the doctor's OK, he wants her to do a 30-minute walk twice a day.

"Depending on weather and fatigue, that's my target and I've walked every day since the surgery," says Dacey.

Some days grocery shopping counts as one walk.

Albert suggested stocking her kitchen with easy-to-prepare food choices.

Albert added that when life presents seemingly insurmountable hurdles, you double down.

"I tell people to start small and create habits that help you focus on the positive."

For example, journal at the same time every day and write down three good eating choices and one bad — if there is one.

For other healthy ways to get unstuck, visit metronews.ca/voices/half-off.

For those following along at home, don't stop doing the home exercise program.

A downloadable version can be found at the above link.

Learn how to do the exercise with Dacey by following the exercise demo videos.

YVLA VAN BUUREN/ FOR METRO

3 TIPS

Not all sneezes are created equal: the difference between colds and flus

Seasonal health.

Influenza and the cold are often mistaken for the same thing but they have very different symptoms

Many people confuse the flu with a bad cold — so what's the difference and how do you properly treat it?

In some ways they are similar. Both influenza, commonly referred to as "the flu," and the common cold are viral respiratory infections, affecting the nose, throat and lungs.

They are spread from person to person through airborne droplets that are sneezed or coughed up by an infected person.

In other cases, the viruses can be spread when a person



Get educated about cold and flu symptoms. NEWS CANADA

touches an infected surface and then touches their nose, mouth or eyes.

This is the reason why

these illnesses are most easily spread in crowded conditions such as schools or the workplace.

But the flu and a common cold usually have different symptoms, and are associated with different complications.

Quotable

"Influenza is associated with more serious complications when compared with the common cold. It can lead to pneumonia or respiratory failure and can potentially be life threatening."

Bowen Chen
Target Pharmacist

"Influenza is associated with more serious complications when compared with the common cold," says Bowen Chen, Target Pharmacist. "It can lead to pneumonia or respiratory failure and can potentially be life threatening, so it has to be taken very seriously — this is especially relevant in at-risk

populations such as the elderly or very young children."

In terms of symptoms, the flu is usually associated with a high fever, headaches and aches and pains.

Although a stuffy nose, sneezing and sore throat can occur with both illnesses, these symptoms are more common in colds.

There are a variety of prescription and non-prescription medications that are useful for relieving symptoms and for controlling pain.

Consult your pharmacist or health-care professional to determine which medication is the right one for you.

Antibiotics are not effective for the flu or a cold unless a bacterial infection develops. Antiviral medications may be helpful in reducing the duration of your flu, but they must be taken within 48 hours of developing symptoms. NEWS CANADA

LIVING WITH SCHIZOPHRENIA?

If you are currently being treated for schizophrenia, or know someone who is, you may be eligible to take part in a worldwide clinical research study exploring a new potential therapy for schizophrenia.

Applicants must be aged 18 years or over, and have a friend, family member or caseworker who can help with the study.

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This study has been approved by the Conjoint Health Research Ethics Board, University of Calgary. Ethics ID: 23757 & 23869

GRAPHIC DESIGNER

We're looking for a talented Graphic Designer whose portfolio and experience reflects that of a strong print design background. In this six month contract position, the right candidate will join Metro's dynamic and award winning Creative Services team. The ideal candidate will have a successful track record of delivering a variety of quality creative and deadline driven projects in an extremely fast paced environment. In addition a solid comprehension of print design and production, specifically for print advertising and online design skills using web-based media are a definite asset.

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- Skilled in print, online and mobile graphic design, comprehensive and complete software knowledge including, QuarkXPress, InDesign, Adobe Acrobat/Distiller, Photoshop, and Illustrator
- Proficient on both Mac and PC platforms
- Ability to prep files for print production, including file stuffing (.sitx, .sit, .sea, .zip) and FTP experience
- Professional, personable, approachable with great communication skills (both verbal and written)
- Ability to thrive under pressure in a fast paced, multi-faceted and deadline driven environment with strong attention to detail (typography, copy, grammar, layout, images, colour, etc)
- Must be a quick problem-solver, who initiates projects and takes a pro-active approach.
- Must be highly skilled at multi-tasking, prioritizing workload efficiently, and tracking ad material.
- Post secondary degree or diploma in Graphic Design (Print)
- 3+ years design experience within a media environment

Interested individuals who possess the skills described above are requested to submit their resume and cover letter via email to hr@metronews.ca no later than Sept. 20, 2013. PLEASE QUOTE: "Graphic Designer - Calgary in the subject line. All submissions will be treated as confidential.

Creamy soup without cream or butter? Thank us later



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This great tasting Asparagus and Leek Soup doesn't use butter or cream. The potato adds the creamy texture without the fat and calories.

1. Trim asparagus; cut stalks into pieces and set tips aside.

2. In nonstick saucepan, heat oil; sauté garlic, onion, leeks and asparagus stalks until softened, approx. 10 minutes.

3. Add stock and potato; re-

Per serving

98 calories, 6 g protein, 3 g fat, 13 g carbohydrates

duce heat, cover and simmer for 20 to 25 minutes or until vegetables are tender. Purée in food processor until smooth. Taste and adjust seasoning with salt and pepper. Return to saucepan.

4. Steam or microwave reserved asparagus tips just until tender; add to soup. Serve sprinkled with Parmesan cheese.

ROSE REISMAN BRINGS HOME LIGHT COOKING (MCM BOOKS) BY: ROSE REISMAN

Ingredients

- 3/4 lb asparagus
- 1 1/2 tsp vegetable oil
- 1 tsp crushed garlic
- 1 cup chopped onion
- 2 leeks, sliced
- 3 1/2 cups chicken stock
- 1 cup diced peeled potato
- Salt and pepper
- 3 tbsp grated Parmesan cheese



This recipe serves six. MARK SHAPIRO, FROM ROSE REISMAN BRINGS HOME LIGHT COOKING (MCM BOOKS)

Health Solutions

Shoots, sprouts and leaves



NUTRI-BITES
Theresa Albert
DHN, RNCPT
myfriendinfood.com

Remember when alfalfa sprouts were the stuff of hippies and all the rage? Talk to Roy and Ginny Stewart Love of Roy's Acres Farm in Grey Highlands in Ontario and they will tell you micro greens are the new "sprouts".

Micro greens are actually grown in soil so the downside and danger of the anaerobic E. coli and salmonella of sprouts started in a closed container can't happen. These babies are simply the beginnings of the whole vegetable.

Loaded with four to six times more nutrients than the full vegetable, trays of peas and beet greens are often used as decor before being snipped into salads and sandwiches.

You will never

find a fresher, more nutrient dense vegetable than one that was snipped seconds before it landed on your tongue.

What to look for in micro greens:

- Can't buy these artisanal treats at the grocery store? You will have more luck at small markets, 100 mile markets and farmers markets.
- Aim for fresh, bright, perky leaves throughout.
- Try varieties like: popcorn shoot, various mustards, purple kohlrabi, kale, chervil, cilantro, radish, arugula shoots, flax microshoots, fenugreek sprouts and the all familiar wheatgrass.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM



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Kids' CDs even parents will like

Reasons Mommy Drinks. Set fire to that Mickey Mouse Clubhouse album and turn to these 5 gems of musical genius

Real talk. Most children's albums were designed to make parents curl up into a hole and die.

Saccharine and repetitive, they also contain subliminal messaging that instruct children to "cry, scream and throw things in moving vehicles unless you play said album on repeat at loud volumes."

Don't worry, we've culled the hit list down to five albums you might even, gasp, enjoy.

So set fire to that Mickey Mouse Clubhouse CD and hit up iTunes for these gems of jammin' genius.

1. For the Kids.

A three-album compilation by various adult artists, including Canuck crooners Sarah Harmer, The Barenaked Ladies, Sarah McLachlan and Canada's pre-Chavril pop sweethearts Chantal Kreviazuk and Raine Maida. Hooray for Can-Con! Bonus: A portion of the proceeds go to charity. How can you NOT check it out?

2. Jack Johnson Curious George Soundtrack.

It's mellow, catchy and will bring you back to Birkenstock-wearing summers of times past. Chillax, kids.

3. They Might Be Giants No!

Tracks like Robot Parade may actually have you singing along. Ironic and random, kids won't get the level of humour mommy and daddy will take from it.

4. Various rad artists, Schoolhouse Rock Rocks.

Dropped in the mid-'90's, bands like Blind Melon and Moby sing old school hits like Three is a Magic Number. Yeah, it is now.

5. Bob Marley Greatest Hits.

Apparently reggae has the same RPMs as a heartbeat and children, especially babies, find it very soothing. Pass the iPod on the left hand side.

FOLLOW AUTHORS LYRANDA MARTIN EVANS AND FIONA STEVENSON @MOMMYREASONS AND PICK UP THEIR NEW BOOK, REASONS MOMMY DRINKS, IN BOOKSTORES NOW.



Not all children's albums will make your ears bleed. iStock

How smartphones are changing the way Canadians go shopping

Rise of mobility. Today consumers compare prices and interact online — all on their phone

A recent study by market research company eMarketer revealed that more than 10 million Canadians were smartphone owners in 2012.

Mobile devices are eating into personal computing in a big way, and experts pre-

dict that by 2014 more local searches will come from smartphones than any other computing device, drastically changing the way people shop and locate information.

Digitization has become a societal issue for small businesses and consumers alike.

"Today, people compare prices, make reservations and interact online to make sure they are getting the biggest bang for their buck and share their shopping experience," says Matthieu Houle, director of digital consumer experiences for Yellow Pages Group.

Tools such as mobile analytics allow businesses to learn from every interaction

and predict where, when and how people are most likely to make their next purchase.

A mobile environment allows consumers to connect with the brand. That's why a creative and simple design is key. At the very least, a mobile site that stems from a business's main web page is mandatory.

With a site that's optimized for mobile, customers can access a business's important contact information from anywhere.

"Mobile applications, which an increasing number of people are using to optimize their search, take the experience one step further," says Houle.

Not just a number

"Through interactive mobile sites and search applications, shoppers have easy access to reviews and opinions, meaning every customer experience counts."

Matthieu Houle, director of digital consumer experiences for Yellow Pages Group

"Businesses can also optimize their offerings thanks to contextual information or personalization based on data taken from past experiences and individual prefer-

ences. For instance, if it rains, maybe your local store runs a special on umbrellas helping match their services with current needs."

As people continue to use an ever-increasing number of devices to get online, digital marketing companies are offering more and more multi-device marketing solutions and are making these options accessible for small businesses.

Local organizations, for which every dollar counts, greatly benefit from these kinds of marketing tools, which help them stand out from the competition and attract customers. **NEWS CANADA**

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Not all job opportunities can be found in the newspaper or online, so you need to learn job search techniques to access the hidden job market to find job opportunities.

When you do find a listing and get an interview, many job seekers don't know what it takes to stand out from their competition and leave a lasting impression on employers.

The interview is the most critical stage of the job search. In a short time, you need to convince an employer that you are the best candidate for the job.

At ABM College, once you enrol in a program you also gain a competitive edge by attending the interview skills and hid-



PETRAD/COLOURBOX

den job market workshops.

"ABM College is committed to helping its students find jobs and assist them with their search for employment," says Dr. Mohammed Baten, president of ABM College.

This workshop helps you market yourself and learn how to get an employer's attention with your self-marketing techniques, as well as locate hidden job markets to obtain an interview.

The ABM College workshop also gives students an opportunity to participate in mock interviews to make a positive and lasting impression on employers and get the job you want.

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Not all great musicians were just born with the skills — most had to work hard for them.

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"We recognize the value of the arts in our community and we know that quality education is an essential foundation," says Duncan McCartney, lesson centre co-ordinator — Calgary East.

Long & McQuade is the most trusted and largest retailer of musical instruments in Canada, and is a great environment for developing musicians.

Lessons are available at all three Calgary locations and are taught by knowledgeable members of the staff, who are happy to share their passion for music.

"Our teachers are experienced, professional, and enthusiastic about what they



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do," McCartney says. "Many of them hold music degrees, teaching certifications, such as ARCT certificates, and they all have years of experience before coming to teach with us."

Aside from the quality of instruction, students benefit from great lesson rates, a flexible and easy registration process, and an ability to teach any style.

For more, visit long-mcquade.com.

THE 'RIGHT' POST-SECONDARY FIELD CAN MAKE A DIFFERENCE

Canadians who get a post-secondary education still earn more on average than those without, but the "education premium" is narrowing, making the field of study increasingly important, a new study has found.

Chose the wrong field and you might even earn less than if you had never studied after high school.

Benjamin Tal, deputy chief economist at CIBC, and Emanuella Enenajor, economist at CIBC, found Canada has the highest proportion of adults with a post-secondary education among all Organization for Economic Co-operation and Development (OECD) countries. But the cost of the education was double the OECD average and more graduates are falling behind on the earnings scale.

University grads used to earn a lot more than college grads, but the difference is only 0.7 per cent today. However, the gap between high school and post-secondary is substantial — a bachelor's degree boosts your earnings by 30 per cent, on average. An MA or PhD adds about 15 per cent.

The field you study is critical. Math and science qualifications provide an earnings pre-



PRESSMASTER/COLOURBOX

mium of 86 per cent compared to high school grads. A degree in fine and applied arts, on the other hand, actually decreases your earnings by 12 per cent.

"The biggest bang for buck comes from specialized and professional fields such as medicine, law and engineering," they wrote.

— Jon Tattrie



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TRU OFFERS FLEXIBLE LEARNING OPTIONS

Thompson Rivers University (TRU) has now made it even easier to get an MBA on your schedule.

TRU offers one of the most flexible MBA programs in Canada, allowing students to study their courses on-campus or online, on a full-time or part-time basis.

Regardless of the mode of study, all students study the same rigorous curriculum in an interactive and supportive environment.

"For those students who are early career, and want to come out with specific management skills, our MBA program provides those skills," says Russell Currie, dean and professor, school of business and economics. "It also allows people who are currently working to move up to the next level within their career."

What makes this MBA program different from others offered at other institutions is that this program can be completed 100 per cent by distance, with no requirement to attend any portion of the

program on campus.

"With our online courses and part-time options that are personalized to meet the student's needs, our students are able to study a quality program and achieve their educational goals while maintaining their work and personal commitments," says Victoria Baker, director MBA program.

Students also have the option of a blended format, by studying online and in class.

The MBA program is designed to produce managers and leaders that have critical thinking and problem-solving skills and who see the big picture of the organization — making strategic decisions that support the goals of the organization.

The skills and knowledge gained during the MBA program apply within any organization in any industry.

"An MBA is recognized worldwide as a program of study that provides competency in all the major functional manage-



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ment areas of an organization, preparing graduates to lead and manage effectively in today's complex and rapidly-changing business environment," Baker says.

"Global perspectives are incorporated throughout the curriculum and the diversity of our students and faculty further

enhance the development of intercultural understanding."

The coursework includes subjects such as ethics and corporate social responsibility, innovation and entrepreneurship, and supply chain management.

For more, visit tru.ca/business/mba.



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PLAN EARLY FOR THE HOLIDAYS

Great parties can't be thrown together last minute. Most parties and events take months of hard work and planning to ensure those who attend have a memorable time.

With the holiday season around the corner, now is the time to start thinking about planning these festive events.

"Start planning early so you have more time and selection to make choices," says Niesa Silzer, vice-president, details convention and event management and event management instructor at Mount Royal University. "The holiday season is very busy so you need to book space early, especially if you have specific dates in mind."

Silzer started her company, alongside Jean Silzer, 25 years ago and they specialize in conferences, which incorporate galas, award shows, trade shows, educational programming and much more.

When it comes to planning holiday parties, Silzer says it's all about knowing your goals and objectives and getting an early start on the work involved, especially when it comes to entertainment.

"Great bands get booked very early on, as do the Santas," Silzer says. "So you need to start planning early to make sure you can book your first selections on venue, entertainment, and even decor."

Another tip she suggests is talking to the caterer or chef to come up with a creative menu that will wow



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your guests. And to encourage guests to mingle and connect with people who don't normally, she suggests being creative with seating plans.

As the event planner of any great event, if it is planned properly, the planner can know that everything is under control and running smoothly and then they might even be able to enjoy the party themselves.

For those interested in a career as an event planner, Mount Royal University faculty of continuing education offers a certificate in event management, along with one-day seminars.

These courses are taught by instructors who are working in the industry so you learn so many valuable tricks of the trade and learn from their examples.

For more information about the certificate or seminars, visit conted.mtroyal.ca/eventmanagement.

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INFO NIGHT, NOV. 26, 5-8 PM

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MAKE TRANSITION EASIER WITH JUMPSTART

The transition into new lives in Canada can be a difficult experience for many young newcomers

Culture shock, language barriers, and the challenges of leaving behind their friends and family can leave young immigrants and refugees feeling overwhelmed.

Participation in the jumpstart to success program provides clients with an opportunity to meet other young newcomers whose experiences are similar to their own.

"Our services are great for new Can-

adians because they focus on the necessary employability skills, and life skills, to integrate into the Canadian workplace and the community as well," says Rae-Lynn Peariso, program co-ordinator, jumpstart to success, Calgary Catholic Immigration Society (CCIS).

Students will learn how to write resumes, apply for jobs, and succeed in the workplace. They also learn how to navigate around the city, prepare for Calgary weather, meet new friends, access other learning

opportunities, and explore their hobbies.

"Our clients support each other and build strong and lasting friendships," Peariso says. "Most often, classmates spend time with each other outside of the workshop hours, and long after their time in the program is over."

The jumpstart to success program not only teaches students how to find and apply for work, but how to succeed on the job and ensure job retention.

For more, visit ccis-calgary.ab.ca.



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GET TO THE BOTTOM OF THINGS AT COLUMBIA

The Columbia College professional investigator training course will satisfy your desire to get to the bottom of things.

Whether you have always wanted to know how crimes are solved, custody battles are won, or even gather information for lawyers, this course will get you started to enter the professional investigation industry.

"The course is designed to introduce learners to the broad field of the professional investigation industry, the roles and

limitations of investigators and the types of services they generally provide, and prepare them for writing the provincial exam," says Laura Trettwer, program co-ordinator.

"Because investigative work is a vast, complex area, not all types of investigations can be addressed in this course. Rather, it is a survey of the field and meant as an introduction."

The course is comprised of nine modules and those who complete the program

may explore careers as a detective or fraud investigator. "Students are encouraged to explore the industry and potential career opportunities on their own," Trettwer says.

Columbia College offers this training online only. The course can be accessed at securitytrainingnow.com.

Students will have access to the first three modules at no obligation to pay any fees unless they would like to continue.

For more information or inquiries, email securityservices@columbia.ab.ca.

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MANAGE PROJECTS EFFECTIVELY

The project management (PM) program at MRU is extensive for all levels of experience and strongly oriented towards the Project Management Institute (PMI) and its accepted standards, says Robin Hornby, senior instructor MRU continuing education, corporate consultant, and author.

Hornby has more than 30 years of experience in the field of project management. In the past 20 years, he says he has observed project management go from a minority interest to a core skill for many companies.

"Executives have largely woken up to the reality that a PM approach pays dividends without the necessity of suffering a project disaster to learn the lesson," Hornby says.

The issues of successfully managing in that environment actually led him to pen his latest book — *Projects for Profit: An Insiders Guide to Delivering Projects and Getting Paid*.

The book examines commercial project management, a neglected part of the PM discipline, but one that is getting more relevant.

"I must say, the teaching experiences over the past 10 years have been tremendously beneficial in shaping my writing — knowing what clicks with students, where the gaps are, and the best way of presenting complex material," Hornby says. "I believe the characteristics of PM that we inculcate in students are badly needed in today's business world and will bring indirect benefit in the next generation of leaders."



CONTRIBUTED

By this, he means an emphasis on clear objectives, on actually driving to results, on accountability, on clarity in roles and responsibilities, and a focus on real teamwork with structure, support, and knowledge of everyone's role.

The ideas in Hornby's new book are relevant to the PM programs at MRU, which may form the basis of a professional development seminar in the future.

For more about the MRU project management program, visit conted.mtroyal.ca/projectmanagement.

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FIND A PASSION HELPING OTHERS

There is a growing recognition that people with disabilities can greatly contribute to Canada's society and economy.

The Bow Valley College disability and community support program equips students with the knowledge and skills to enhance the quality of life of people with special needs and their integration into the workplace and society.

"There are many opportunities to work with people with different disabilities in a wide range of settings," says Becky Kelley, program co-ordinator for BVC's disability and community support program. "It's a field that's always looking for qualified people."

Students can choose to study for the eight-month certificate program, or continue for another eight months for the disability and community support diploma.

Students will learn through innovative classroom learning strategies with practical experiences to prepare them for challenging new careers.

The program is classroom-based and classes are generally scheduled from 8 a.m. and 4 p.m., Monday to Friday.

Students will also take part in a practicum, giving them a chance to put their practical knowledge to work out in the workforce.

A current police information check with a vulnerable sector search is required of all students prior to the practicum.

Graduates may work in special or integrated educational and employment environments, not-for-profit community organizations, or agencies that support individuals or children with special needs.

"You have the opportunity to make the difference in someone's life every single day," Kelley says. "For those who find their passion, it can lead to immense personal satisfaction."

Bow Valley College is accepting applications to the disability and community support certificate and diploma programs.

Apply now at bowvalleycollege.ca/apply or visit bowvalleycollege.ca for more information.

Bow Valley College will be holding an open house for those interested in learning more about the disability and community support program or any of the other programs BVC has to offer.

The open house is scheduled for Oct. 9, from 10 a.m. to 3 p.m., at the south campus (345 – 6 Ave. S.E.)

For more, call 403-410-1402 or connect with BVC faculty and staff during the open house.

ENTER IN-DEMAND HEALTH-CARE FIELD

With a shortfall of health-care aides and the aging population, the province of Alberta is planning to ensure an adequate supply of support workers.

This includes raising compensation rates to retain existing workers and recruiting more skilled professionals.

According to Statistics Canada, the percentage of people 65 and older in Alberta was 11.1 per cent in 2011, an increase by two per cent from 2006.

These stats indicate that the health-care aide career will see an increase in demand in coming years.

ABM College's health-care aide program trains you to identify and respond to patients' emotional needs, as well as their physical needs. This intensive rewarding program not only provides literal health-care knowledge, but also demonstrates practical exposure in laboratories and clinical settings.

"Right now, with the growing demand for health-care aides, this is definitely the field to get into," says Dr. Mohammed Baten, president of ABM College.

At ABM College, you can be a certified health-care aide in less than five months. However, for those who cannot study full time, ABM College also provides part-time courses.

For more, visit abmcollege.com.



COLOURBOX



DANIEL WASCHNIG/COLOURBOX

ATTEND SCHOOL FROM THE COMFORT OF HOME

Going back to school does not literally have to mean that.

Go back to school from the comfort of your own home and train for an exciting career in computer-aided design (CAD) at Digital School Technical Design College through the computer-aided drafter certificate program.

This program can be started at almost any time, from almost any location and will help you learn the skills needed for this in-demand field.

"We're seeing more and more employers contacting us, looking for graduates to fill positions," says Brady Sylvester, Digital School assistant manager. "The market is getting tighter and tighter for firms needing specialized skills like computer-aided drafting (CAD)."

Digital School offers a number of full-time programs at the Edmonton campus as well, where students can study to earn a degree in CAD in less than a year, with skills for which employers are looking.

CAD courses include computer-aided drafter certificate, architectural CAD technician diploma, and engineering CAD technician diploma with process piping specialization.

Digital School is also offering building information modelling (BIM) training.

Applications for full-time programs for the Sept. 30 intake are being accepted.

For more information about Digital School, or to speak to an admissions adviser, visit digitalschool.ca.

OPEN HOUSE

Saturday, October 19 10:00 a.m. to 3:00 p.m.
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NEW DATABASE ENHANCES ACCESS FOR ABORIGINALS

Canada's universities launched a new online tool to provide Aboriginal students with better access to information on programs and services on campuses across the country.

The comprehensive, searchable database of resources designed to meet the needs of Aboriginal students was developed by the Association of Universities and Colleges of Canada.

Prospective students and their families

can use the tool to find information on the 286 different academic programs designed for Aboriginal students and other helpful resources available at Canadian universities, such as financial assistance, housing, cultural activities, counselling, availability of elders, gathering spaces and mentoring.

Aboriginal youth are one of the fastest growing segments of the Canadian population. There are more than 560,000

Aboriginals younger than the age of 25 across Canada, yet the university completion rate for the Aboriginal population overall is eight per cent — one-third of the national average.

This new online resource is part of universities' ongoing efforts to improve access to university for Aboriginal students and help them achieve success in higher education. Fifty-five institutions now have gathering spaces for Aborig-

inal students, and more than 60 organize social and cultural activities. In addition to supports on campus, many universities have successful outreach programs in Aboriginal communities, providing educational support and mentoring opportunities to students starting as early as the elementary level.

The new directory of programs and services for Aboriginal students can be found at aucc.ca/Aboriginal-directory.

Want a new career?

Thinking about taking a training program but not sure which one is best for you?

Join us at **Aboriginal Futures** & find out about the different career training programs available to you; funding, application process & much more!

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IAF INVESTS IN PEOPLE

Starting from scratch in a new country can be a terrifying experience.

Not only are there the social and cultural aspects to familiarize yourself with, but getting a foot in the door in the workplace can provide additional stress.

In many cases, additional training or education may be required to make the transition at the cost of the individual.

The Immigrant Access Fund of Alberta (IAF) can help immigrants access funds to pay for the costs of education they need to complete in order to get back to the occupations and field for which they were trained and in which they have experience.

"Immigrant Access Fund of Alberta is a not-for-profit and charitable organization whose goal is to relieve poverty by providing microloans to needy immigrants in order to assist them in obtaining Canadian licensing or training that will allow them to obtain employment in their field," says Katarina M. Vasiljevic-Galic, executive director.

"We strongly believe that our exceptional organizational values support our efforts to have every skilled immigrant equitably integrated into the workforce and offering them an opportunity to contribute their expertise to Canada's economic and social success."

IAF microloans are different than regular

MICROLOAN USES

IAF microloans can be used to pay for:

- Short-term (two years or less) training
- Exam fees with a professional governing association
- Travel expenses to write an exam
- Qualification assessments
- Professional association fees
- Books and course materials
- English language courses specific to employment
- Living allowance during study time
- Other related expenses

bank loans because IAF does not require applicants to be employed, have a credit history in Canada, or have collateral, all of which are typical bank requirements.

And IAF microloans are available to people who can't receive a student loan because they are not taking full-time studies or they have not been in Canada long enough.

IAF invests in people who the banks would turn away — people who have skills and abilities our society needs.

For more information about IAF and the loans available, visit iafcanada.org.



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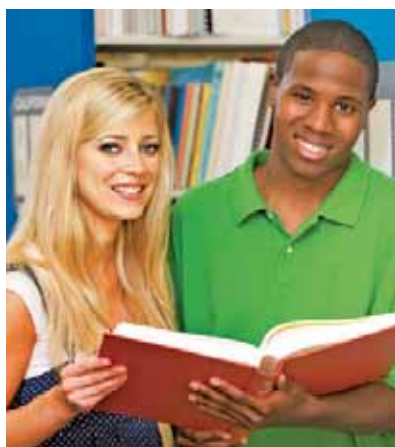
Rae-Lynn Peariso 403.290.5133
Program Coordinator youth2@ccis-calgary.ab.ca

Cheryle Guinsatao 403.290.5128
Employment Outreach Developer youth3@ccis-calgary.ab.ca



Canada

This project is funded by the Government of Canada's Skills Link program



COLOURBOX

LEARN IN CAMBROOKS' FRIENDLY SETTING

Cambrooks College offers a friendly environment and strives to offer the best experience to students through a wide variety of programming options in information technology, business, health, academic upgrading, or English as a second language.

Cambrooks students come from a variety of backgrounds and the education is designed to prepare students for a global economy.

"The college provides exciting opportunities for new immigrants to acquire

credentials that would enable them step into the Canadian job market," says Pamela Paul, program manager, Cambrooks College. "Previous learning and experiences are recognized by Cambrooks College as a fast track for our programs."

Cambrooks College is a post-secondary institution whose programs have been licensed by the Alberta Private Vocational Training Branch of the Ministry of Education.

The college offers diploma and certifi-

cate courses aimed at preparing students for Calgary's dynamic job market.

Students will enjoy small classes and individualized attention from instructors invested in the success of the student.

There are four intakes per year at Cambrooks (October, January, March and June) and most programs are offered in the evening to allow students to maintain day-time employment while attending school.

For more, visit cambrooks.ca.

IT'S NEVER TOO LATE TO GO BACK TO SCHOOL

FIND OUT HOW AT ACADEMY OF LEARNING

If getting the kids ready to head back to school has distracted you from your educational goals, it is never too late to speak to an admissions adviser at Academy of Learning Career College.

At Academy of Learning, there is no need to wait until September to begin your training since intake is continuous with year-round, weekly start dates for

almost all of its programs.

Academy of Learning is a business and career college that offers diplomas in a variety of programs in less than a year, in fields that are in demand for both individuals and employers, such as health care, business, office administration, IT, web design, accounting and many more.

"The demand remains high among

employers, and Academy of Learning graduates are recognized as highly skilled workers, ready to the jobs they were trained for, and that employers need done," says Charles Jarvis, general manager for Academy of Learning.

Academy of Learning graduates boast a 97 per cent employment rate in areas for which they were trained.

For more about Academy of Learning Career College campuses in Alberta, visit the Alberta site at academyoflearning.ab.ca.



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THOMPSON RIVERS  UNIVERSITY



Stampeders enjoy view from the top



Tim Hawthorne, Marquay McDaniel and the Stampeders have had a lot to celebrate this season, but how much better would they be if they weren't routinely plugging holes in their lineup? NATHAN DENETTE/THE CANADIAN PRESS

CFL. Despite injuries and inconsistent play, they have found ways to win, earning playoff berth in the process

Head coach John Hufnagel hasn't always been satisfied with the performance of his Calgary Stampeders in games this season, but he can't argue with the results.

Calgary tops both the league and the West Division at 9-2 and is the first team this season to secure a playoff berth.

"We've won in different fashions, but we won as a team and that's the good part," Hufnagel said Monday.

"We don't always hit on all cylinders offensively, defensively sometimes we're on the field too much, special teams we're not as productive as we'd like to be, but as a team, one phase has been outstanding to allow us to peck out wins. That's essentially the sign of a good team."

The Stampeders have worked for their wins with a constantly rotating cast of characters. All CFL teams deal with injuries in a season, but the theme of Calgary's season so far is resiliency.

The employment of three different starting quarterbacks has been well documented, but the Stampeders have also been forced to cover gaps on the offensive line, at receiver and in the defensive backfield

when starters went down.

It begs the question how much better Calgary would be if they weren't routinely plugging holes in their lineup.

"It's hard to improve under those conditions," Hufnagel said. "When you have new people in your lineup, then there's an adjustment period."

"Our offensive line has been a scramble all year long. I'm hoping that before the season is over we can get our five in there and get a couple games underneath our belt to head into the playoffs."

"Same with our quarterback position. With three different quarterbacks playing, it's the same playbook, but like I've always said, each quarterback brings their own personality."

Calgary's 26-22 win over Hamilton combined with the Saskatchewan's 31-29 loss to the Toronto Argonauts on the weekend allowed the Stampeders to gain sole possession of first place in the West.

A 25-7 Edmonton Eskimos victory over the Winnipeg Blue Bombers eliminated the possibility Winnipeg (2-9) could finish ahead of Calgary in a cross-over playoff scenario. The Eskis, last in the West at 2-9, also can't catch Calgary because the Stampeders won the season series between the teams.

The Stampeders host defending league champion Toronto, the East Division leaders at 7-4, on Saturday in a rematch of last year's Grey Cup. The Stampeders are unbeaten at home at 5-0.

THE CANADIAN PRESS

Quoted

"If they don't return, we'll get better with the guys we have."

Coach John Hufnagel expects that his team will improve with or without previous starters who are currently injured.

NFL

Bernard a boon for Bengals on MNF

Running back Giovani Bernard scored his first two NFL touchdowns, one of them on a short pass that he turned into a 27-yard score, and the Cincinnati Bengals beat Pittsburgh 20-10 on Monday night, extending the Steelers' early season misery.

The second-round draft pick also had a seven-yard touchdown run for the 1-1 Bengals.

The Steelers fell to 0-2 for the first time since 2002. THE ASSOCIATED PRESS

MLB

Rays grab hold of first AL wild card

Rookie Wil Myers homered and had three RBIs, Alex Cobb pitched eight solid innings, and the Tampa Bay Rays took the lead for the first AL wild-card spot by beating the Texas Rangers 6-2 on Monday night.

Tampa Bay and Texas started play one-half game ahead of Cleveland, which was at Kansas City, in the race for the two wild-card spots. THE ASSOCIATED PRESS

PGA

Johnson soaks up soggy victory

Zach Johnson won the rain-delayed BMW Championship on Monday and now has a chance to win something bigger.

Johnson rolled in two birdie putts over the closing holes at soggy Conway Farms and closed with a 6-under 65 for a two-shot victory over Nick Watney, giving him one of the top-five seeds for the Tour Championship next week and a clear shot at the FedEx Cup and its \$10-million prize. THE ASSOCIATED PRESS

Flames take a beating from Senators

The Ottawa Senators defeated the Calgary Flames 4-2 in a pre-season game Monday as both teams road tested new recruits and acquisitions.

The enthusiastic Saskatoon fans arrived decked out in the jerseys of their favourite stars like former Flames captain Jarome Iginla and Sens star Jason Spezza, but that calibre of veteran was nowhere to be

seen.

Instead, the game featured young players working for a roster spot.

Buddy Robinson scored for the Senators midway through the first period, putting up his second goal in as many nights.

That was followed up by a second-period Senators goal by Cory Conacher, assisted by Stephane Da Costa and David

Dziurzynski.

Four separate fights broke out in the second period. Senators bruiser Jim O'Brien dished out a particularly bad beating on Calgary forward Ben Hanowski, who was taken off the ice bleeding.

Calgary's David Jones put up an unassisted goal to the top corner in the third, and Corban Knight scored another late in

the period.

But Ottawa answered with two goals by Mike Hoffman and Clarke MacArthur, putting the game away.

Flames goalie Reto Berra made an impression with 31 saves. Calgary is under pressure to find a goalie duo after long-time starter Miikka Kiprusoff announced his retirement last week. THE CANADIAN PRESS



The Flames' Shane O'Brien goes toe-to-toe with the Senators' Mark Borowiec on Monday.

LIAM RICHARDS/THE CANADIAN PRESS

Horoscopes

Aries

March 21 - April 20

Do whatever it takes to stay calm today because if you get angry, you will be at a disadvantage. Someone may be saying things merely to get a reaction. The best reaction is no reaction.

Taurus

April 21 - May 21

You never like being told what to do but today you must listen to what a friend tells you. If you learn from their mistake, you won't make the same one.

Gemini

May 22 - June 21

Think first then act decisively. With your ruler Mercury linked to action planet Mars you have what it takes to do something remarkable, something that will be remembered and talked about for many years to come.

Cancer

June 22 - July 23

You may have to tell a lie to spare a friend's blushes today but make sure it is only a small one. The last thing you want is to get a rep for dishonesty. Your social standing means more than their red face.

Leo

July 24 - Aug. 23

If you have a good idea today — and you will — make sure you keep it to yourself. Yes, of course, you are a generous soul by nature but if you are too generous others could get rich and famous at your expense.

Virgo

Aug. 24 - Sept. 23

The best way to change a habit of some sort is to replace it with a different habit — one that is more positive. If you just try to give up on something today, it won't work. You've got to be cunning.

Libra

Sept. 24 - Oct. 23

It will be all too easy over the next 24 hours to allow yourself to be diverted by things that don't matter and neglect things that do matter. Stay focused.

Scorpio

Oct. 24 - Nov. 22

Someone will try to undermine your reputation today by circulating stories about you that are not true. When you find out who it is, make sure they know, and everyone knows, you are not amused.

Sagittarius

Nov. 23 - Dec. 21

The latest fad or fashion may be pretty hot but is it right for you? The planets suggest you might like to give this one a miss and wait for something better to spend your time and money on.

Capricorn

Dec. 22 - Jan. 20

New responsibilities have brought more work and while you are no stranger to giving one hundred per cent, it might be wise to take a break today.

Aquarius

Jan. 21 - Feb. 19

Whatever your personal code of conduct may be, you must live up to it today. If you fall short in any way, your rivals will seize the chance to make you look bad. Make sure you can reach your lofty ideals.

Pisces

Feb. 20 - March 20

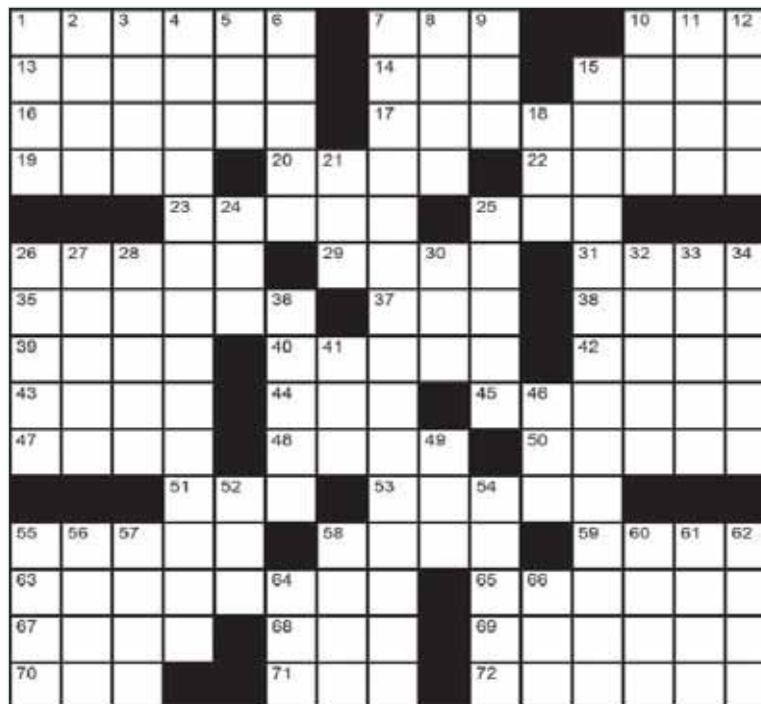
What happens today won't be wonderful exactly but neither will it be awful, so stop fearing the worst and get back into the mainstream of life. You know the old saying: You can't win it unless you're in it!

SALLY BROMPTON

Crossword: Canada Across and Down

Across

- Cold War era gig: 2 wds.
- Bouquet delivery co.
- 30-day mo.
- "I'm not alone in thinking this?": 2 wds.
- Fib
- Bug type
- Epic Records mogul, ___
- Nova Scotia town
- Mountain stat.
- Christian denomination, for short
- Joy of Cooking author, ___
- Rombauer
- "Juno" (2007) star Ms. Page
- Wheel part
- Tea party treat
- Taj Mahal's site
- 2001 Yann Martel novel, Life ___: 2 wds.
- Land promised in The Book of Exodus
- Texas tea
- "Smells Like ___ Spirit" by Nirvana
- Wholly ___ part
- Weight unit
- French singer Edith
- Beat a path
- ___ humour
- "Donnie ___" (1997)
- Bit of Justin T.'s group
- Celebes buffalo
- Fall flower
- "Oy!"



- Condo spaces
- Actress Ms. Birch
- Sprout
- Bee-ish bug
- Halved: 3 wds.
- Meteorological map line
- Tropical birds
- Back the tape up, briefly
- Composed

- Un-light times, for short
- Holiday ___
- British Columbia band
- Reality star Ms. Richards
- Hockey highlight
- Hockey great, Pavel ___

- CBC daytime show: 3 wds.
- Hawaiian dish
- The Alps song
- Rita MacNeil hit: 4 wds.
- Ms. Carrere's
- German article
- Grad
- "Dancing with the Stars" pro Ms.

- Murgatroyd
- Cheers!
- ___? (Sign In area message)
- "Amado ___": Song from "Gilda" (1946)
- Little legume
- Canadian dairy products brand, Gay ___
- Spy for Moses

- Robert Burns, and others
- Tote
- Beatles song: "Glass ___"
- Singer/songwriter Mr. Ocasek
- "1234" Canadian songstress
- Alberta's ___ River
- Has it ___ (Holds a grudge): 2 wds.
- "Never.": 2 wds.
- Samovar
- Mouse's friend
- Year: Spanish
- 'Jacob' suffix
- "If that could only be true!": 2 wds.
- National highway, commonly
- Track down
- Actress, Carre ___
- Ms. Stefani
- Son of Eve
- Rational
- Zebra, to a lion
- Prefix with 'cycle'
- Behold

Yesterday's Crossword



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku



Weather

TODAY

WEDNESDAY

THURSDAY



MAX: 20°
MIN: 11°



MAX: 12°
MIN: 8°



MAX: 17°
MIN: 7°

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WEEKDAYS 5:30 AM



3 STOREY TOWNHOMES WITH 3 CAR PARKING FROM THE \$270'S

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MSRP: \$79,870
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SLIDING ROOF, REMOTE START,
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MSRP: \$28,635
SALE: **\$23,988**
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SALE: **\$39,988**
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LEATHER SEATS, TOUCH NAVI

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